

March/ Marzo 2025

Monthly MAA Topic:
Kidney Awareness Month

LOCATED AT/DIRECCIÓN

Fruitridge Community Collaborative
4625 44th St Rm 36 Sacramento CA 95820
www.facebook.com/RiverOakCenter

Important Notes/ Notas importantes	Monday/Lunes	Tuesday/Martes	Wednesday/Miércoles	Thursday/Jueves	Friday/Viernes
<p>Registration is REQUIRED for ALL classes & events Call (916)226-2725 to register.</p> <p>Majority of our class are now In-Person.</p>	<p>3</p> <p>Virtual PAC Meeting/ Junta de Padres 1pm-2pm</p>	<p>4</p>	<p>5</p> <p>Virtual MPAP: Spanish A Session 1 5pm-7pm</p>	<p>6</p> <p>Zumba Wave Clase de Zumba 10:30m-12pm</p>	<p>7</p>
<p>SE REQUIRE inscripción para TODAS las clases y eventos. Llame al (916)226-2725 para registrarse.</p> <p>Mayoría de los servicios son en-persona.</p> <p>Please be on time for all classes. We have a 10 minute policy. If you arrive after the ten minutes you will NOT be admitted into the class.</p> <p>Por favor, sea puntual para todas las clases.</p> <p>Tenemos una polica de 10 minutos. Si llega después de los diez minutos NO sera admitido a la clase.</p>	<p>10</p> <p>Let's Build Together/ Construyamos Juntos 4pm-5:30pm</p>	<p>11</p> <p>Safe Sleep Baby English 10am-11am Spanish 11am-12pm</p> <p>Virtual Class Material Pick-up 1pm-3pm</p>	<p>12</p> <p>Virtual MPAP: English A Session 2 5pm-7pm</p>	<p>13</p> <p>Zumba Wave Clase de Zumba 10:30m-12pm</p>	<p>14 FRC Orientation (only for new families/para nuevas familias) 11am-12pm</p> <p>Virtual Once upon a Chef / Érase una vez un cocinero</p>
	<p>17</p>	<p>18</p>	<p>19 Adventure & Discovery Club/Club de Aventura y Descubrimiento 4pm-5:30pm</p> <p>Virtual MPAP: English A Session 3 5pm-7pm</p>	<p>20</p>	<p>21 Teen Talk 4pm-5:30pm</p> <p>Crochet the Stress away / Desestresarse con Tejer 4pm- 5:30pm</p>
	<p>24</p> <p>Virtual Craft 4 Kids / Arte para Niños 4pm-5:30pm</p>	<p>25</p> <p>Virtual Let's Connect 10:30am-11:30am</p> <p>Teen Talk 4pm-5:30pm</p> <p>Crochet the Stress away / Desestresarse con Tejer 4pm- 5:30pm</p>	<p>26</p> <p>Design and Sip 10am-12pm</p>	<p>27</p> <p>Zumba Wave Clase de Zumba 10:30m-12pm</p>	<p>28</p>
	<p>31</p>				

Parenting Workshops: *Meets Sacramento County Child Welfare Services requirements .*

Offered Virtually Via Zoom and TEAMS.

Please call / Por Favor Llamar—(916)226-2725

Pre- Registration is Required! ¡Se requiere preinscripción!

Make Parenting a Pleasure– A series of 13 sessions workshop that focuses on effective and positive parenting techniques that allow parents to learn “tips and tricks” on how to communicate more effectively.

Una serie de talleres de 13 sesiones que se enfoca en técnicas de crianza eficaces y positivas que les permiten a los padres aprender “consejos y trucos” sobre cómo comunicarse de manera más efectiva.

Effective Black Parenting–

Effective Black Parenting is a culturally responsive parenting education program that respects and honors the unique history, traditions, strengths and experiences of African American families. This class focuses on the importance of treating and teaching children in a manner that fosters positive development. This class sets the stage for a healthy development among African American children.

River Oak Center for Children
Family Resource Center Birth and
Beyond Interest Form



River Oak Center for Children Early
Head Start



RIVER OAK CENTER FOR CHILDREN

Birth & Beyond

FAMILY RESOURCE CENTER

March/ Marzo

2025 CALENDAR/CALENDARIO



River Oak
Center for Children



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Llame al (916) 226-2725 para registrarse por clases y recibir más información**